

Free Nicotine Replacement Therapy

Call
1-800-Quit Now (784-8669)
or
go online with
quitnow.net/Idaho
to get a FREE 4-week supply
of nicotine patches, gum, or
lozenges sent directly to the
address you provide.



quitnow.net/Idaho is a free internet service that has been successful in helping tobacco users kick the habit by offering online support from fellow tobacco users and professional counselors alike. Also featured on the site are tips for setting a quit date, a directory of free local quitting classes, and the health/financial benefits of quitting tobacco use.

Idaho QuitLine is a free telephone counseling service designed to help tobacco users quit. Tobacco users can receive up to five free counseling sessions with a trained quit coach at a time that is convenient to the caller.

Coordinated by Project Filter
Funded by Idaho Tobacco Millennium Funds

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Feb 2013

ARE YOU READY TO QUIT TOBACCO USE?

FREE Tobacco Classes

Treasure Valley Classes

Central District Health Department
375-5211 or 327-8543

Nancy Caspersen 342-0308

Ashley Grigsby 559-8405

Saltzer Medical - 989-1702

Carl Rizzo - 250-6575

Tanya Savage 249-2110

Saint Alphonsus RMC - 367-4825

Youth only-Boise/Eagle/Meridian

Vicki Lyons 871-2544

Gail Wester 869-9669

McCall Classes

St. Luke's McCall 634-4061

Mountain Home Classes

Anne Bush 587-4623

Southwestern District - 455-5300

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